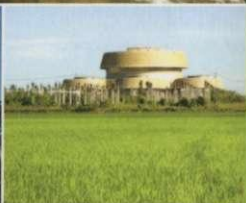


KEDAH

The Ricebowl of Malaysia



Celebrating 50 Years of Nationhood



The Royal Golden Jubilee



Masjid Al-Bukhary

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The Ricebowl of Malaysia

MARKETING REPRESENTATIVE

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Baridhara, Dhaka 1212
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Tel: 00 8 802 882 7759 / 60
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BRUNEI DARUSSALAM

c/o High Commission of Malaysia
No 61 Simpang 336
Jalan Kebangsaan
Bandar Seri Begawan
BA 1211, P.O. Box 2826
Bandar Seri Begawan, BA 8
BRUNEI DARUSSALAM
Tel: 00 6 732 381 575
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E-mail: mpb.brunei@tourism.gov.bn

CAMBODIA

c/o Embassy of Malaysia
No. 5, Street 242
Sangkat Chaktomouk
Khan Daun Penh
PHNOM PENH
Tel: 00 8 552 321 6176 / 17
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IRELAND

Level 3A-5A Shelbourne House
Shelbourne Road
Ballsbridge, Dublin 4
REPUBLIC OF IRELAND
Tel: 353 1 237 62 43
E-mail: isabel@tourismmalaysia.gov.my

Medan

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43, Jalan Diponegoro
20152 Medan, Sumatera Utara
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Fax: 00 61 4523 179
E-mail: mtpb.medan@tourism.gov.my

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Mosfilmovskaya Ulitsa
50, Moscow-117192
RUSSIAN FEDERATION
Tel: 007 495 933 5748/7
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SINGAPORE 068898
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Fax: 02 6535 6650
E-mail: mtpb.singapore@tourism.gov.my
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SOUTH AFRICA

1st. Floor, Building Five
Commerce Square
39 Rivonia Road, Sandhurst
Johannesburg, SOUTH AFRICA
Tel: 002 711 268 0292/5
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E-mail: mtpb.johannesburg@tourism.gov.my

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Box 131, 10122 Stockholm
Tel: 004 68 24 99 00
Fax: 004 68 24 23 24
E-mail: mtpb.stockholm@tourism.gov.my
Website: www.malaysiaaturn.com

Map of Kedah



LEGEND

- | | | | |
|--|------------------------------|--|-------------------|
| | Major Road | | State Capital |
| | Railway | | Main Town |
| | North-South Expressway | | Town |
| | Butterworth-Kulim Expressway | | Place of Interest |
| | International Border | | Airport |
| | State Border | | Ferry |

Jalan Road Pantai Beach
Pulau Island Tasik Lake



* Map not drawn to scale



Welcome to Kedah

Situated in the far north of Peninsular Malaysia, Kedah is an alluring destination with vast expanses of paddy fields, charming towns, imposing limestone outcrops, jungle-clad hills and picturesque views. As Malaysia's main rice producing state, Kedah's panoramic rural landscape is dominated by paddy fields and dotted with traditional Malay wooden homes.

Alor Star, the capital city, is a bustling township with a combination of fine old buildings and modern edifices. The Alor Star Tower is an impressive landmark in its skyline. Other main towns are Sungai Petani, Jitra as well as Kulim, one of Malaysia's main industrial sites.

Said to be the oldest state in the country, Kedah lays claim to some outstanding historical attractions. The most prominent is Bujang Valley, the cradle of a thriving ancient civilisation dating back to the 5th century AD. It is today one of the country's most treasured archaeological sites.

The gem of Kedah is Langkawi, an internationally renowned island resort boasting splendid beaches and superb accommodation. A fascinating array of legends and folklore add colour to the island's attractions. Intriguing tales of a wronged maiden, feuding giants, mystical lakes and magical wells are among the stories that are associated with the places of interest here.

Kedah's hinterland is a paradise for nature enthusiasts. From white-water rafting to four-wheel drive adventures, an abundance of activities await visitors. The numerous golf resorts promise a rewarding time for those who wish to tee off at scenic locations.

Come, visit Kedah and enjoy an unforgettable holiday amidst pristine charm and unique attractions.



City Attractions

Alor Star, the state capital of Kedah, delights visitors with an assortment of attractions. Here, quaint historical buildings stand proudly alongside impressive modern landmarks. The city's main heritage square is known as Medan Bandar, situated along Lebuhraya Darul Aman. Places of interest in the vicinity include Masjid Zahir, Balai Nobat, Big Clock Building and Balai Besar. They are all situated within walking distance.

ALOR STAR TOWER Lebuhraya Darul Aman, Alor Star

A proud symbol of the state and a prominent landmark in the city, Alor Star Tower soars above the city skyline at a height of 165.5 m. This state-of-the-art communications tower is the 19th tallest in the world, and the second highest in Malaysia after the Kuala Lumpur Tower. From afar, its design resembles a huge bunch of paddy stalks that are tied together. Be sure to visit the Observation Deck at 88 m above ground level to enjoy a panoramic view of the surroundings, sprawling from Gunung Jerai to the Straits of Malacca. Don't miss the Seri Angkasa Revolving Restaurant at 94 m for a meal amidst the clouds!

The Observation Deck is open from 9.00am – 10.00pm daily.

Admission fee: RM6 (adults) RM3 (children).

Tel: 04-720 2234





State Museum

STATE MUSEUM

Lebuhraya Darul Aman, Alor Star

Situated in a stately building, the State Museum is a splendid place to gain an insight into Kedah's rich history. It showcases a wealth of information and artefacts, from the ancient civilisations in Bujang Valley to Kedah's development into a present-day industrial hub. Don't miss a chance to see the beautiful *bunga emas* (a plant with leaves and flowers made of gold) which was sent as an annual tribute to the Siamese King. Another highlight is the Wan Muhammad Saman Canal, a pioneering irrigation system which led to Kedah's growth as the paddy granary of Malaysia. Other attractions include flora and fauna, early modes of transportation as well as a gallery dedicated to the country's prominent figures who hailed from the state.

Opening hours : 9.00am – 5.00pm daily. Closed on Hari Raya Aidilfitri.

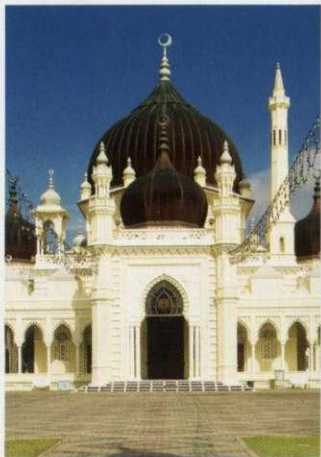
Admission is free.

Tel : 04-733 1162

MASJID ZAHIR (ZAHIR MOSQUE)

Lebuhraya Darul Aman, Alor Star

One of the oldest and most beautiful mosques in Malaysia, Masjid Zahir boasts a distinctively Moorish architecture. It has one main dome and five smaller domes which represent the five tenets of Islam. Masjid Zahir was built in 1912 and officially opened in 1915 by the Sultan of Kedah. Its design resembles mosques in Langkat, North Sumatera. Visitors are required to dress modestly when visiting the mosque and observe its rules at all times.



Masjid Zahir

Time

Electricity

Measurements
System

Telephone



BALAI NOBAT

Lebuhraya Darul Aman,
Alor Star

This three-storey octagonal tower houses the sacred instruments of the royal orchestra or *nobat*. The nine-piece musical ensemble includes *serunai* (flute), *nafiri* (a long trumpet), *gendang* (drum) and *gong*. The melodious *nobat* music is only played during royal ceremonies such as inaugurations and weddings. Visitors are free to view Balai Nobat from the outside. This building is only a stone's throw from Zahir Mosque and the Big Clock Building.



Balai Nobat



Big Clock Building

BIG CLOCK BUILDING

Lebuhraya Darul Aman, Alor Star

Situated amidst a landscaped area at the heart of Medan Bandar, this clock tower has an important function - to announce the Muslim prayer time. In the past, the clock would ring at prayer time, prompting the beating of gongs at the nearby Balai Nobat. The muezzin at Masjid Zahir would then call Muslims to prayer. Visitors are free to view the Big Clock Building from the outside.

BALAI BESAR (GRAND AUDIENCE HALL)

Lebuhraya Darul Aman, Alor Star

Elaborate carvings, arched stairways and a high roof are among the striking attractions of this impressive wooden edifice. Built in 1735 by the 19th Sultan of Kedah, Balai Besar was part of a palace complex known as Istana Kota Star. The original building was restored after it suffered attacks by the Bugis armada in 1770 and the Siamese forces in 1821. Balai Besar served as the venue for royal audiences, official functions, state council meetings, coronations and weddings, including the wedding receptions of Sultan Abdul Hamid Halim Shah's five princes and princesses in 1904. Today, Balai Besar is still the venue for selected royal ceremonies and state functions. Visitors are free to view the building from the outside.

Balai Besar



TUNKU ABDUL RAHMAN PUTRA MEMORIAL

Jalan Tunku Bendahara, Alor Star

Fondly known as the 'Father of Independence', the late Tunku Abdul Rahman Putra (or Tunku, in short) was the first Prime Minister of the country. He is best remembered for his role in obtaining independence for the country without any bloodshed. Established in his honour, this memorial showcases photographs and documents on Tunku's life and family, his struggle which led to the country's independence in 1957, his contribution towards nation building as well as his social activities and hobbies.

Opening hours: 9.00am – 5.00pm daily. Closed on Hari Raya Aidilfitri and Aidiladha. Closed from 12.00 noon – 3.00pm on Fridays.

Admission is free.

Tel: 04-730 3771

SAYING I

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RUMAH MERDEKA

Jalan Tunku Abdul Rahman Putra, Alor Star

This double-storey house was Tunku Abdul Rahman Putra's private retreat whenever he returned to Kedah. It exhibits the original furniture, photographs, personal effects and souvenirs of the first family. Rumah Merdeka has the distinction of being the venue where many notable incidents and activities took place. It was here that the premier conducted private and confidential meetings with other leaders of the country, organised successful election strategies and pursued his creative writing. Tunku hosted a number of foreign leaders here, including officials from Indonesia and India.

Opening hours: 10.00am – 5.30pm daily.
 Closed from 12.00 noon – 3.00pm on Fridays. Closed on Mondays (except during school holiday seasons and on public holidays).
 Admission is free.
 Tel: 04-720 4212

BIRTH PLACE OF TUN DR. MAHATHIR MOHAMAD

Persiaran Sultan Abdul Hamid, Alor Star

This traditional wooden house was the birth place and early home of Tun Dr. Mahathir Mohamad, Malaysia's fourth and longest-serving Prime Minister. Nostalgic stories of his simple life under the strict supervision of his father makes a visit here memorable and heartwarming. Treasured exhibits include furniture, documents on family genealogy and school photographs. The well-manicured complex consists of two exhibitions halls, an auditorium, office, a souvenir shop and the first ice factory in Alor Star. The Exhibition Hall 1 features Tun Dr. Mahathir's education, from his schooldays to the time he obtained a Medical Degree. Exhibition Hall 2 showcases his political activities.

Opening hours: 10.00am – 5.00pm daily.
 Closed from 12.00 noon to 3.00pm on Fridays. Closed on Mondays (except during school holiday seasons and on public holidays).
 Admission is free.
 Tel: 04-772 2301

Birth Place of Tun Dr. Mahathir Mohamad



MASJID ALBUKHARY (ALBUKHARY MOSQUE)

Jalan Langgar, Alor Star

A truly magnificent edifice, this mosque boasts beautiful motifs in pleasant hues of blue and white. Masjid Albukhary features architectural elements from prominent mosques in the Middle East. Its minaret resembles the Nabawi Mosque in Madinah and the seven domes here are inspired by the Shah Mosque in Isfahan. A beautiful pool, designed after the mausoleum of Imam Albukhary in Samarkand, Uzbekistan, graces the façade. The mosque sprawls over a total area of 4.96 acres and can accommodate up to 15,000 worshippers at one time. Visitors are required to dress modestly when visiting the mosque and observe its rules at all times. Just nearby is the Souq Albukhary shopping mall.

WAT NIKRODHARAM BUDDHIST TEMPLE

Jalan Stadium, Alor Star

One of the largest Buddhist temples in the state, Wat Nikrodharam boasts intricate carvings. Its outdoor attractions include a statue of Kuan Yin, the Goddess of Mercy.

TRADITIONAL MALAY HOUSES:

RUMAH TOK SU AND RUMAH SERI BANAI

Jalan Lumba Kuda, Alor Star

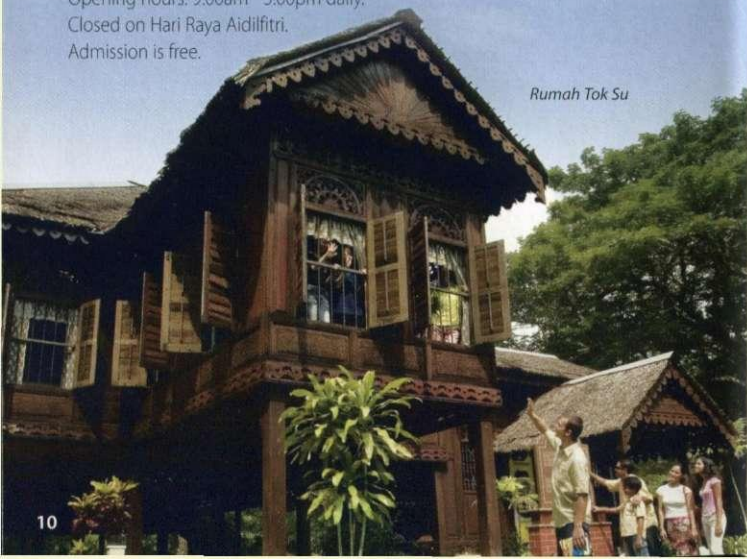
Featuring traditional Malay architecture, these heritage buildings were private homes which have been restored and relocated. The 100-year old Rumah Tok Su is supported by 34 pillars and has six main sections. It was brought from its original location in Bandar Baharu, about 200 km from Alor Star. The Rumah Seri Banai, built with the local *meranti* and *temak* timber, was relocated from its original site at Kampung Banai. Both homes have an interesting history. The display of original furniture and other traditional items add to their appeal.

Opening hours: 9.00am - 5.00pm daily.

Closed on Hari Raya Aidilfitri.

Admission is free.

Rumah Tok Su



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Utama Expres

PEKAN RABU

Jalan Tunku Ibrahim, Alor Star

This bustling bazaar offers a wide assemblage of textiles, traditional attire and an interesting assortment of local food. Pekan Rabu has a special significance for the locals, as Malaysia's fourth Prime Minister, Tun Dr. Mahathir Mohamad, worked as a trader here when his studies were interrupted during the Japanese occupation. Pekan Rabu literally means 'Wednesday Market' as it used to operate only once a week.

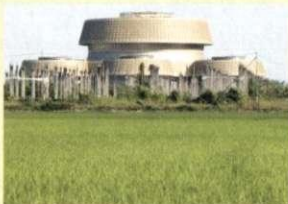


Pekan Rabu

PADDY MUSEUM

Gunung Keriang

Tucked away at the foothills of Gunung Keriang, amidst acres of paddy fields, is Malaysia's only paddy museum. It is the fourth of its kind in the world after Japan, Germany and the Philippines. The museum's unique architecture resembles bushels of harvested rice stalks. Browse through the interesting collection of paddy-related exhibits, from the tools that are used, to information on cultivation and harvesting, even legends and taboos. A must-visit attraction here is the observatory on the first floor, where a huge three-dimensional mural depicts amazingly lifelike images of an agrarian community. The rotating platform here gives a breathtaking 360° view. The Paddy Museum is situated 8 km from Alor Star. Nearby, Gunung Keriang is a popular attraction for mountain-climbers and cave explorers. (refer to page 20).



Opening hours: 9.00am – 5.00pm daily.
Closed from 12.30pm to 2.30pm
on Fridays.

Admission fee: RM3 (adults)
RM1 (children).

An additional fee of RM2 will be
charged for cameras.

Tel: 04-733 1162 / 735 1315

Visitors to Alor Star can enjoy several other attractions just outside of the city. The Lye Huat Garden in Kubang Pasu features terracotta statues, well-landscaped gardens, a koi pond and a mini zoo. Visitors who are keen on educational tours can visit the DXN Farm which features a collection of Lingzhi mushrooms. For an insight into rice processing, make a trip to the Serba Wangi Rice Processing Factory in Pendang.

Ancient Treasures

Said to be one of the oldest states in the country, Kedah has a remarkable historical legacy. It is home to Bujang Valley, an ancient trading centre that attracted merchants from around the world including Southeast Asia, Arabia, India and China some 1,500 years ago. Gunung Jerai, or Kedah Peak as it was formerly known, was the navigational landmark that guided vessels for landfall. Seafarers and traders used it to sail into the river mouth of Sungai Merbok towards Bujang Valley. Many of the state's historical attractions have been well-preserved. Most of these sites are easily accessible from the towns of Sungai Petani and Kuala Kedah.

LEMBAH BUJANG ARCHAEOLOGY MUSEUM Merbok

Step into an astounding treasure trove of archaeological wonders. Sprawling some 400 square km, Lembah Bujang or Bujang Valley is the richest archaeological site in the country. At the zenith of its fame from the 3rd to the 12th century AD, Lembah Bujang was a vibrant trading centre in Southeast Asia. It was hailed as 'Nusantara' or the 'seat of all felicities' and was the centre of a flourishing kingdom.

This museum showcases nearly 1,000 artefacts that were recovered from this buried civilisation. Its two main galleries display various exhibits that are testament to Bujang Valley's role as a centre for trade and religious activities. Exhibits include earthenware, beads, ceramics, photographs and many other fascinating relics. Some 2,500 other treasures recovered from this site are still being studied. The museum is situated about 17 km from Sungai Petani.

Opening hours: 9.00am – 5.00pm daily.

Closed on Hari Raya Aidilfitri and Hari Raya Aidiladha.

Admission is free.

Tel: 04-457 2005

**Sheraton La
Beach Resor**
Tel: 04-955 15
www.sherato

The Westin
Tel: 04-966 20
www.westin.

Tanjung Rhu
Tel: 04-959 10
www.tanjung

The Andama
Tel: 04-959 10
www.theand

The Datala
Tel: 04-959 25
www.ghmho

Casa del Mar
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www.casadel

Holiday Villa
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www.holiday

Kampung To
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www.toksenil

Langkasuka
Tel: 04-955 68
www.langkasu

Rebak Marin
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Bayview Hot
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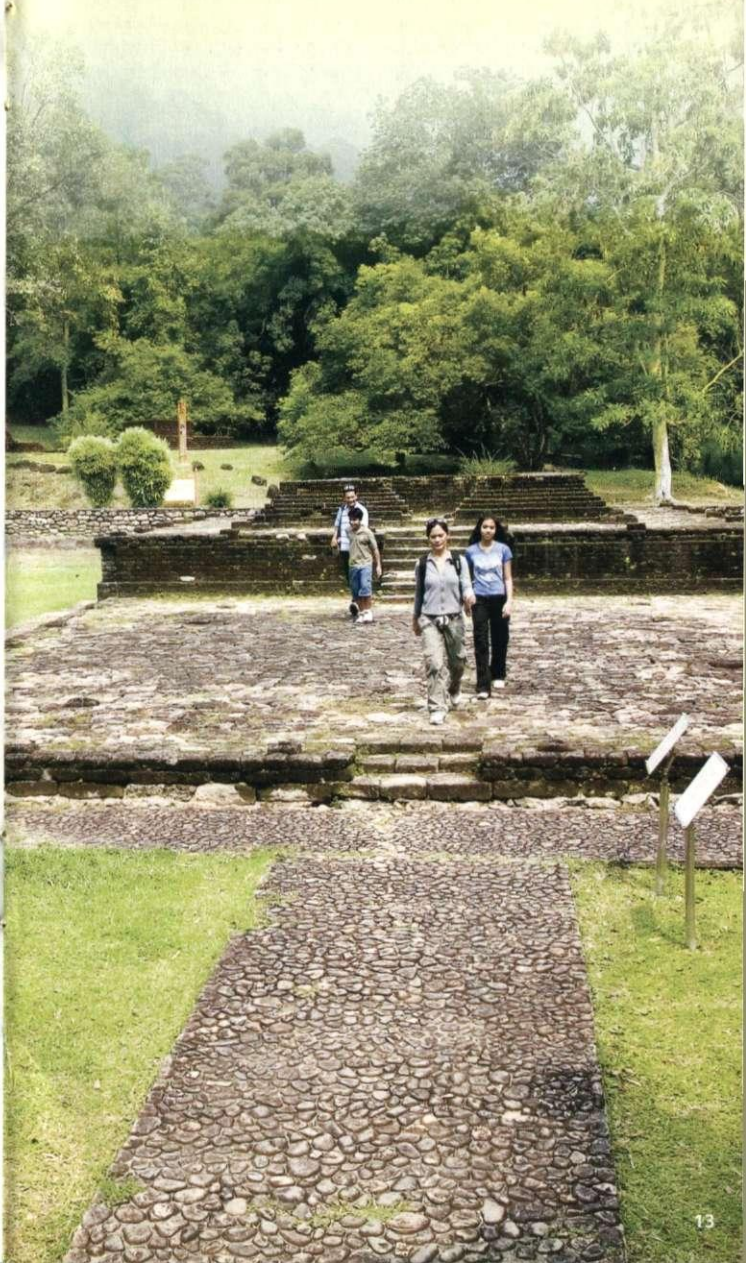
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Foreign and local archaeologists have unearthed more than 50 *candi* or ancient temples in the Bujang Valley area and several have been restored to their original structures. Visitors can view these reconstructed ancient temples at the grounds of the Bujang Valley Archaeology Museum. The main structure here is Candi Bukit Batu Pahat. Others are Candi Pengkalan Bujang, Candi Pendiati and Candi Bendang Dalam. Take a walk along these amazing ancient structures and feel history coming back to life.



KUALA KEDAH HISTORICAL COMPLEX

Kuala Kedah

Situated on the Kedah riverbank, this complex is the site of an ancient fort known as Kota Kuala Kedah or Kota Kuala Bahang. It was constructed in 1771 during the reign of Sultan Muhammad Jiwa, and completed nine years later. The fort has withstood attacks by the Bugis, Achinese and Siamese. During the Japanese occupation in the country, the fort served as the headquarters of the Japanese Armed Forces. Today, the ruins of the fort and its six cannons are among the attractions here. Kuala Kedah is situated about 12 km from Alor Star and is the staging point for ferry services to Langkawi. This quaint town is also famous for its variety of seafood dishes and beautiful views of the sunset.

Opening hours: 9.00am - 6.00pm daily. Closed on Hari Raya Aidilfitri.

Closed from 12.30pm - 2.30pm on Fridays.

Admission is free.

Tel: 04-731 9297

Kota Kuala Kedah



SUNGAI MAS ARCHAEOLOGICAL MUSEUM

Kota Kuala Muda

Said to be 1,600 years old, this is the oldest historical site in Kedah. Sungai Mas is the centre of the ancient kingdom Katahanagara (old Kedah) which existed during the same time as the Srivijaya empire. Artefacts are displayed in their original form as they were found during excavation.

A photographic collection of excavation activities as well as the tools that were used are also showcased. This museum is situated about 21 km from Sungai Petani.

Opening hours: 9.00am - 6.00pm daily. Closed on Hari Raya Aidilfitri.

Closed from 12.30pm - 2.30pm on Fridays.

Admission is free.

Tel: 04-437 4780 / 457 2005

BALING TOWN

This small town, which serves as the gateway to many natural attractions, has an interesting history. It was the site of the Baling Negotiation, held in 1955 between the government and Tan Chin Peng, the leader of the Malayan Communist Party. Details of this negotiation can be viewed at the Tunku Abdul Rahman Putra Memorial in Alor Star (refer to page 8).



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The listing pr
Star ratings a
❖ Star-rated

Alor Star

ASRC Hotel

Tel: 04-732 83

EDC Hotel

Tel: 04-928 88

Fax: 04-928 88

Flora Inn

Tel: 04-732 42

Grand Jubile

Tel: 04-733 00

Holiday Villa

Tel: 04-734 99

www.holiday

Hotel Grand

Tel: 04-731 33

www.ghihote

The Regency

Tel: 04-733 59

www.ghihote

Hotel Seri Ma

Tel: 04-730 87

www.serimala

Miramar Hot

Tel: 04-733 81

Adventures Amidst Nature

Kedah's hinterland is endowed with a wealth of natural attractions. The pristine tracts of rainforest, jungle-clad hills, waterfalls and undulating valleys here beckon nature lovers with an abundance of opportunities. Both visitors who relish eco-adventures as well as those who seek milder forms of activities can enjoy the natural delights of Kedah. Sungai Petani, Kulim and Baling are the most common gateways to these places.

TREE TOP WALK Sedim

Enjoy the thrill of strolling along the world's longest Tree Top Walk! This 925 m walkway, acclaimed as the world's longest, takes you alongside towering trees and vast green canopies. This great attraction is situated in the Gunung Inas Forest Reserve, a verdant jungle that is home to giant trees and many medicinal herbs. Various species of birds, butterflies, hornbills and small animals such as gibbons are delightful sights that can be spotted by those with a keen eye for nature. A thrilling experience here is looking down at the Sedim River flowing rapidly beneath. The walk begins at an elevation of 5,100 mm above forest level and the altitude is increased gradually. Its highest platform stands at 50 m above ground. Along the walkway, there are information stands that provide quick facts about the species of flora and fauna here. Visitors can rest assured that the walkway is built with reinforced steel and equipped with railings. For those who would like to stay longer to explore the surrounding attractions, the Sedim Villa nearby provides dormitory-type accommodation. The Sedim Tree Top Walk is situated in Karangan, about 30 km from Kulim. It is a 30-minute drive from Kulim Hi-Tech Park.

Opening hours: 8.30am – 5.30pm daily.

(As a safety precaution, it is closed during heavy rains and lightning).

Admission fee: RM10 (adults) RM6 (children).

Tel: 04-490 1588 / 491 0641



WHITE-WATER RAFTING

Sungai Sedim (Sedim River)

Extreme sports enthusiasts can look forward to some heart-stopping adventure as they contend the rapids of the Sedim River. Touted as one of Asia Pacific's top white-water rafting destinations, Sedim River is a popular choice for paddlers from around the world. Its has a 15 km stretch with 24 challenging rapids along the way, ensuring an adrenalin-pumping time for even experienced paddlers. This attraction is situated within the Sedim River Recreation Park. It is just minutes away from the Tree Top Walk. Other activities here include tubing and kayaking. Facilities include modest chalets, changing rooms and restrooms. Visitors are cautioned against swimming during rainy seasons. For white-water rafting, prior arrangements must be made with the operator.

Tel: 012-620 0483 / 019-541 3321 (Rapid Fire Adventure Sdn. Bhd.) or
04-490 1588 / 491 0641 (Syarikat Perusahaan Azam Travel Sdn. Bhd.)

GUNUNG INAS FOREST RESERVE - AN ADVENTURE DESTINATION

For visitors to Sedim, the adventure does not end with a visit to the places mentioned above. The Gunung Inas Forest Reserve is an ideal playground for various eco-adventures such as jungle-trekking, mountain-hiking, camping as well as teambuilding programmes. Gunung Inas at 1,454 m is a favourite among mountaineers for its challenging terrain. Another popular peak is Gunung Bintang, which stands at 1,862 m. A trek to its summit will reward climbers with interesting sights such as a bonsai garden, clear streams and exotic plants. Many more thrills await at Gunung Bintang Utara, standing at 1,835 m. To make your travel arrangements, contact:

Tel: 012-620 0483 / 019-541 3321 (Rapid Fire Adventure Sdn. Bhd.) or
04-490 1588 / 491 0641 (Syarikat Perusahaan Azam Travel Sdn. Bhd.)

White-water Rafting at Sedim River

GEOPARK

Langkawi has its outstanding the first geop. 'birthplace' back to some Machincang C in the country landscapes of various sha boasts fine ma information a when accomp agents for a to

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Tel: 04-966 718



GOLFING

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Browse throug extraordinary Opening hours Admission is fr For information

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ULU MUDA ECO PARK

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For those who have a yen for adventures off the beaten track, this remote and undisturbed dipterocarp forest at the border of Malaysia and Thailand is sheer paradise. The Ulu Muda Eco Park is situated within the Ulu Muda forest, a reserve that sprawls some 120,000 ha. It blankets nearly one third of Kedah's forested land. Said to be one of the richest in the country in terms of wildlife, the area is haven for nearly 109 species of mammals, 174 species of birds, 54 species of reptiles and 33 species of fish. Elephants, tigers, rhinoceros, *seladang* (gaur), sun bears and tapirs roam free in the dense wilderness and the nine salt-licks here provide an opportunity for visitors to see their footprints. Careful and patient observers might even catch a glimpse of the wildlife. Ulu Muda is also touted to be one of the best bird-watching spots in the country. Some 200 species including the Red-crowned Barbet, Large Wren Babblers and Hooded Pitta make their home here. Ulu Muda Eco Park is situated in the northeast of Kedah, bordering Thailand. It is about 1 1/2 hours drive from Alor Star.

Entry permit: RM5

Visitors are advised to get the services of authorised tour guides to make the necessary arrangements. For group tours, prior permission must be sought from the Kedah State Forestry Department. Visitors can access the park by road or arrange for a boat trip from the small village of Gubir. Further trekking is required to enter the park. Overnight accommodation is available at the Muda Resort. For further information, please contact Tourism Malaysia Kedah Office.



LASOR ECO PARK

Baling

Hidden deep within the Ulu Muda forest, this is another one of Kedah's natural attractions. Lasor Eco Park beckons four-wheel drive enthusiasts with its rough terrains and challenging conditions. The remote forest is also an ideal playground for adventure-seekers to try their hand at river rafting, jungle-trekking and mountain-climbing. Teambuilding activities such as flying fox, obstacle training, orienteering and map reading can be arranged for groups. Overnight visitors can choose from longhouse-style accommodation, chalets or camp sites. Facilities here include a dining hall, Muslim prayer room and restrooms. Lasor Eco Park is only accessible via 4WDs and prior arrangements must be made with the operator. 4WD transfers can be arranged from Kampung Lubok Pelanduk, situated 30 minutes away from Baling. From here, the park is 11 km away.

Tel: 012-464 1113 (Advance Adventure)

Ulu Legong Hot Springs



ULU LEGONG HOT SPRINGS

Baling

Imagine your stress being soothed away as you relax in a natural hot spring. Situated about 120 km south of Alor Star, Ulu Legong Hot Springs offers four pools with temperatures ranging from 38°C – 49°C. Although it is open during the day, the cooler temperatures at night make it the best time for a visit. Many stay on until the early hours of the morning. Facilities include accommodation (dormitory, chalets and camp sites), changing rooms, a 24-hour cafeteria, seating areas as well as showers and restrooms. There is also a pool available exclusively to ladies. Ulu Legong is two hours away from Alor Star and 30 minutes away from Baling town.

Open 24 hours. Pool maintenance is usually done in the mornings.
Admission fee to pools: RM3 (adults) RM1 (children).
There are separate charges for parking and accommodation.
Tel: 04-473 2283 / 4

Nearby attractions include Baling Hill, a 547 m limestone outcrop that abounds with wild flowers, herbs and bamboo. The word *baling* means 'to fling', a name said to have originated when Kedah's 'fanged king' or Raja Bersiong plucked out and flung his incisors. En route to Ulu Legong, visitors will pass a fang-shaped arch that has been erected to commemorate this legend.

GALERIA I

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Opening hour Admission fee Non-Malaysian An additional Tel: 04-959 145



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GUNUNG JERAI (MOUNT JERAI)

Gurun

Standing at 1,220 m, the legendary Gunung Jerai is the main attraction of the Gunung Jerai Forest Reserve. On clear days, visitors to the summit can enjoy spectacular views of the valley below, including the nearby islands of Pulau Bunting, Pulau Songsong, Pulau Telur and Pulau Bidan. Gunung Jerai is accessible by a paved road. Alternatively, ardent climbers can take a two-hour trek to the top. Guide services are available at the Gunung Jerai Recreation Centre at the foothills. Gunung Jerai is situated about 2 km from Gurun town or 5 km from the Gurun exit if travelling along the North-South Expressway. En route to the summit, drop by the Forestry Museum housed in a traditional Malay building for an insight into Malaysia's flora and fauna.

MERBOK RIVER CRUISE

Merbok

Go on a cruise along the historical Sungai Merbok (Merbok River) to enjoy nature at a leisurely pace. The best times to watch the flurry of activity that unfolds along the riverbanks are the mornings and evenings. Delight in watching small animals such as monitor lizards, monkeys and squirrels or observe the many species of birds here. Sunset cruises or visits to a fish farm can be arranged. For a longer trip, enjoy a stay at the floating chalets. Visitors are advised to request for life jackets from the tour operator before beginning the cruise. Cruise departs from the Sungai Merbok Jetty Complex, situated around 10 km from Sungai Petani town.

Tel: 016-482 9309 (PPK Sungai Petani) or

019-545 4991 / 017-555 7718 (Explorer Vacation Travel & Tours Sdn. Bhd.)

Merbok River Cruise



GUA GUNUNG KERIANG (GUNUNG KERIANG CAVES)

Caving enthusiasts can enjoy some wonderful sights at Gunung Keriang. Consisting of caves such as Gua Terus, Gua Pelandin and Gua Seribu Bayur as well as several unnamed ones, these caves feature attractive limestone formations. Gunung Keriang is situated just 8 km from Alor Star.

BUKIT HIJAU RECREATIONAL FOREST

Baling

To appreciate nature in its purest form, make a trip to Kedah's recreational forests. The Bukit Hijau Recreational Forest is the site of the Bukit Hijau Waterfalls. It features a scenic seven-tiered cascade which falls into seven crystal clear ponds. Facilities here include restaurants, camping ground, a botanical garden and a solitary resort with chalet-style accommodation. This recreational forest is situated in the district of Baling, about 45 km away from Sungai Petani and 54 km from Kulim town. Also situated in the Baling district, the Lata Bayu Waterfalls (sometimes referred to as Lata Asam Jawa) features a 20 m cascade that forms a pool known as Lubok Lesong. It is situated about 30 km from Baling town. Other recreational spots in the state include Junjung Waterfalls, Batu Hampar Recreational Forest, Peranginan Sik Recreational Forest and Lata Mengkuang Recreational Forest.

Bukit Hijau Recreational Forest



PANTAI MERDEKA (MERDEKA BEACH)

Sungai Petani

Shaded by tall swaying palms, Pantai Merdeka is a favourite weekend getaway for locals. Enjoy swimming, or have a picnic with your family. Most visitors make Pantai Merdeka a stopover after visiting the Bujang Valley area. Pantai Merdeka is situated about 30 km from Sungai Petani.

KOTA MAHA

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Opening hours... Admission fee: Non-Malaysian Tel: 04-955 605



UNDERWAT

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Opening hours... Admission fee: Tel: 04-955 610



Sungai Kilim

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Dayang Bunting



Fun and Leisure

Visitors in search of entertainment will find that Kedah is a vibrant playground with something for everyone. Have an enjoyable time at the theme park, or tee off at the many golf courses scattered around the state.

THE CARNIVALL

Persiaran Cinta Sayang, Sungai Petani

Get ready to scream and splash around at The Carnivall, the first and only water theme park in the state. Children and adults alike can have a fantastic time with the many rides and games here. Try the Wild River, where a 140 m waterslide takes you on an adventurous journey from a 15 m high tower, twisting and turning all the way to a pool below. For the bold and the brave, there is the Water Coaster that brings you plunging down from a 10 m height! Children will love the Sand Pit and Kiddies Cove. The Dry Park offers activities such as paintball, archery and fun golf. For animal lovers, the horse clinic provides information on caring for horses. The Carnivall is only 7 km away from Sungai Petani town. It is situated near the Cinta Sayang Golf & Country Resort.

Opening hours: 10.00am – 8.00pm

(Fridays, Saturdays, Sundays & public holidays).

2.00pm – 8.00pm (Mondays, Tuesdays & Thursdays).

Closed on Wednesdays. During school holiday seasons, The Carnivall is open daily from 10.00am - 8.00pm.

For enquiries on admission fee, call : 04-441 4777

GOLF RESORTS

There are a number of golf resorts in the state of Kedah. Most resorts offer comprehensive facilities such as accommodation, clubhouse and gymnasium. Families can look forward to many fun-filled activities, such as horse rides, indoor games and many more.

CINTA SAYANG GOLF & COUNTRY RESORT

Sungai Petani

Situated only five to 10 minutes away from Sungai Petani town, this is an 18-hole par 72 international-standard golf course. Sweeping across 190 acres of relatively flat land, the course provides ample challenges through the water hazards scattered over the layout. A specialty here is the Golf Academy, which provides training by golf professionals. A variety of attractions such as an equestrian centre, swimming pool and indoor games make it a delightful destination for the whole family.

Tel: 04-441 4666

Cinta Sayang Golf & Country Resort



BLACK FOREST GOLF & COUNTRY CLUB

Bukit Kayu Hitam, Jitra

Situated not far from the duty-free shopping zone of Bukit Kayu Hitam, this 18-hole par 72 championship golf course borders a 70-acre forest as well as rubber and sugar cane plantations. It was sculpted out of a natural forest and beckons visitors with undulating fairways. It is about 35 minutes from Alor Star.

Tel: 04-922 2822

SUN-KISSE

Washed by the sea, this is a paradise for sun-seekers. The resort has beaches on the east and west sides. There are cafes and beach bars. Stretches of sand and sea are visible from the cape of Langkat. The beach on the island of Datai Bay beckons.



PULAU PAYANG

Encompassing a vast area of marine life. Just a short boat ride from baby sharks. Visitors can enjoy a catamaran or speedboat ride.

Day trips to Pulau Payang. Bookings must be made in advance. Admission fee to Pulau Payang. For catamaran speedboat ride, call 04-966 1368 (Cinta Sayang).



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Kuah Town

HARVARD GOLF & COUNTRY CLUB

Bedong

One of the oldest and most exclusive clubs in the country, Harvard Golf & Country Club features a 27-hole course spreading over 585 acres of undulating hills. A specialty is the third Harvard Nine, designed by Ted Parslow. Recreational facilities include a pool, gymnasium, cafe, pro shop and an adventure camp. The club is about 30 minutes drive from Sungai Petani.

Tel: 04-458 6887

KULIM GOLF & COUNTRY RESORT

Kulim Hi-Tech Park, Kulim

The 27-hole golf course sits at the heart of the Kulim Hi-Tech Park. It features picturesque views of undulating hills and verdant greenery. Golfers flock to view the scenic signature par-3 hole 7. The resort is only a 15-minute drive from Penang, the neighbouring state.

Tel: 04-403-2828

DARUL AMAN GOLF & COUNTRY CLUB

Jitra

Spreading over 190 acres of gently undulating landscape, this 18-hole course is dotted with trees, hillocks and scenic lakes. This par 72 course provides hours of challenge for both amateurs and professionals alike. It is situated just five minutes away from the Bandar Darulaman interchange on the North-South Expressway and 15 minutes from Alor Star.

Tel: 04-917 0001

Other Golf Courses

PERMAIPURA GOLF & COUNTRY CLUB

Bedong

Tel: 04-452 1000

SUNGAI PETANI GOLF CLUB

Sungai Petani

Tel: 04-422 4894

UNIVERSITI UTARA MALAYSIA GOLF CLUB

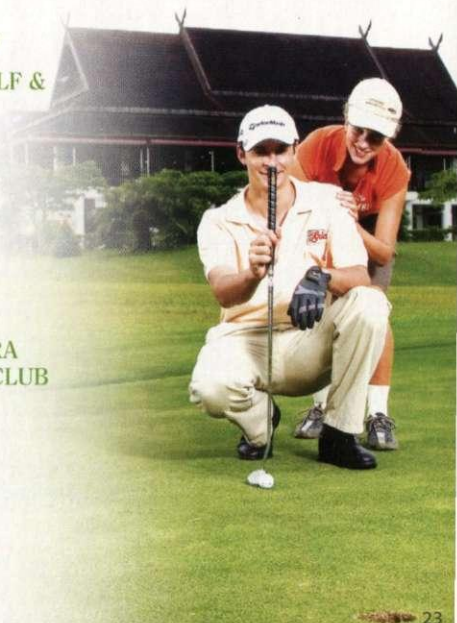
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Tel: 04-928 5928

DUBLIN ESTATE GOLF CLUB

Karangan, Kulim

Tel: 04-404 1104



Homestays

Homestay programmes give an opportunity to stay at the rustic 'kampung' or villages to experience the warm hospitality and unhurried lifestyle of the village folks. Visitors to mainland Kedah can participate in homestay programmes at the villages listed below. These villages adhere to the strict rules imposed by the Malaysian Ministry of Tourism and the National Homestay Association.



Kampung Relau Homestay

KAMPUNG RELAU HOMESTAY Kulim

Savour fresh tropical fruits from orchards and take in the picturesque views of rolling hills and verdant greenery. Visitors can watch a traditional Malay mock-wedding or participate in local games such as top-spinning and kite-flying. For those with adventure in mind, jungle-trekking, camping, canoeing and abseiling are just the activities for you.

Winner of Best Tourist Attraction Homestay Award 2003
(Ministry of Tourism, Malaysia)

Tel: 04-582 5858 / 4122

KAMPUNG RAGA HOMESTAY Yan

Enjoy freshly cooked traditional delicacies and try your hand at making some of these local goodies. Spend the sunny afternoon by taking a dip at the Batu Hampar or Titi Hayun Waterfalls at the foothills of Gunung Jerai. Experienced climbers can try trekking up to Gunung Jerai all the way from Yan. This four-hour trek takes climbers past shady canopies, medicinal herbs and exotic plants, to Tangga Kenari 1,000 Tahun (1,000-year old Kenari Stairway) which is the gateway to Gunung Jerai from Yan.

Tel: 04-465 5710

Alternatively, visitors can also call the Tourism Malaysia Kedah Office to arrange a homestay visit.

Langkawi

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LEGEND

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- Trunk Road
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* Map not drawn to scale

Langkawi, An Island Resort

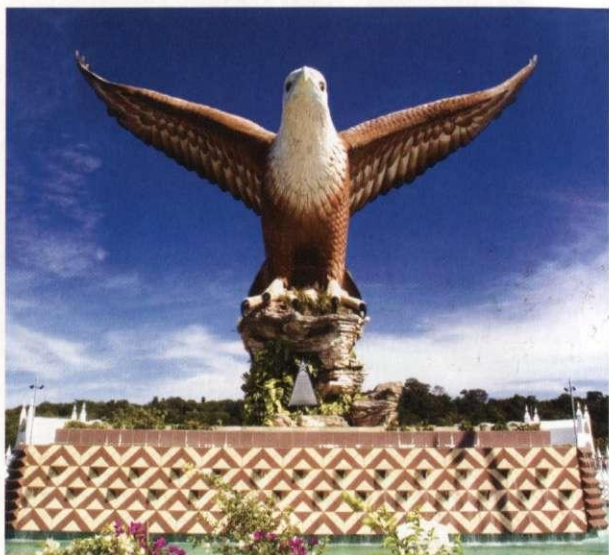
Comprising 99 islands that nestle serenely off the coast of Kedah, Langkawi is a world-famous holiday destination boasting fine beaches, luxury resorts and unique natural attractions. Langkawi has the distinction of being Southeast Asia's first Geopark, a status accorded by UNESCO for its geological formations. Its duty-free status makes it a paradise for shoppers. The island has an international airport, well-connected roads as well as state-of-the-art marinas and superb golf courses. Myths and legends shroud many of the destinations in Langkawi, the most famous being the legend of Mahsuri, a beautiful maiden who was unjustly accused of adultery and sentenced to death. Many destinations on the island derive their names from ancient legends.



* Map not drawn to scale

EAGLE SQUARE

Eagle Square or Dataran Lang is Langkawi's most prominent landmark. Situated near the Kuah Jetty, the beautifully landscaped square features covered terraces and vaulted ceilings. Its main attraction is a huge statue of a reddish brown eagle, overlooking the sea and poised for flight. It denotes the meaning of the word 'Langkawi' which is 'reddish brown eagle'. Nearby, Taman Lagenda features carvings related to local folklore.



Eagle Square

KUAH TOWN

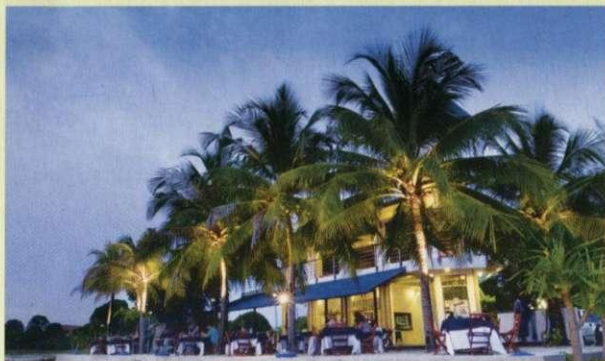
Kuah is Langkawi's main town and the take-off point to the neighbouring islands. The word 'Kuah' means 'gravy', as it is said to be the site where two battling giants overturned a huge pot of curry. Shopping is a popular activity here, as the town offers a variety of duty-free goods such as chocolates, cosmetics, electrical items, tobacco and liquor.



Kuah Town

SUN-KISSED BEACHES

Washed by the emerald waters of the Andaman Sea, Langkawi is a paradise for sun-seekers. Pantai Tengah and Pantai Cenang are the liveliest beaches on the island, offering plenty of water sports, a string of trendy cafes and beach bars. Further north, Pantai Kok and Burau Bay offer lovely stretches of sparkling sands and clear waters. Nestled on the northwestern cape of Langkawi, the scenic Tanjung Rhu is famed as the most beautiful beach on the island. For those who prefer a tranquil holiday, the secluded Datai Bay beckons with luxury resorts.



Pantai Cenang

PULAU PAYAR MARINE PARK

Encompassing the islands of Pulau Payar, Pulau Lembu, Pulau Segantang and Pulau Kaca, this marine park is well-known for its colourful corals and marine life. Just off the beach, savour the thrilling experience of feeding baby sharks. Visitors can get to Pulau Payar from the Kuah Jetty by catamaran or speedboat. The journey takes about 45 minutes to one hour.

Day trips to Pulau Payar can be arranged through travel operators or hotels. Bookings must be made in advance.

Admission fee to Pulau Payar Marine Park: RM5.00 (adults) RM2.50 (children).

For catamaran service, contact: 04-966 7318 (Langkawi Coral) /

04-966 1368 (Coral Island).



Pulau Payar Marine Park



Sungai Kilim

SUNGAI KILIM

Spread over an area of 100 sq m, Kilim Nature Park features a beautiful mix of well-protected green mangrove forests, isolated white beaches and blue lagoons. Take a boat cruise to view mangrove inhabitants such as brown eagles, tree crabs, iguanas and macaques. The unique limestone formations here have been dubbed as 'the Temple of Borobudur', 'the Elephant Stone' and 'the Hanging Gardens'. Visitors should not miss a chance to watch the eagle-feeding activity.

TASIK DAYANG BUNTING (LAKE OF THE PREGNANT MAIDEN)

As with other places in Langkawi, this lake tells a tale. Situated in Pulau Dayang Bunting (Isle of the Pregnant Maiden), this freshwater lake is associated with the legend of a beautiful celestial princess who married an earthly prince. Unfortunately, her child died soon after birth and was buried in the lake. Before returning to her celestial abode, she blessed the waters so that any childless woman who bathed in the lake would conceive thereafter. Pulau Dayang Bunting is accessible by boat and is a popular destination for island-hopping trips. Activities include swimming and kayaking.



Tasik Dayang Bunting

KOTA MAHSURI

A visit to this magical island will not be complete without a visit to this significant site. Situated about 12 km from Kuah, this memorial was erected in honour of Mahsuri, a fair maiden who was unjustly accused of adultery. According to legend, in her dying breath, Mahsuri laid a curse on the island, that it would not prosper for seven generations. Fact or fiction, seven generations have passed and Langkawi is today a flourishing tourists destination. Visitors can view a recorded interpretation of her legend at the museum here.

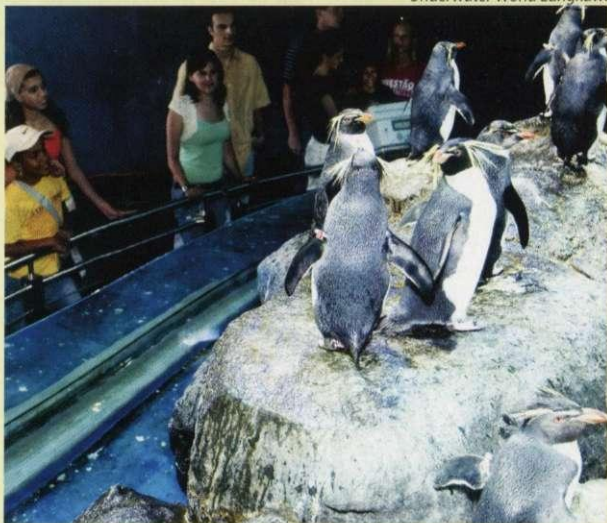
Opening hours: 8.00am – 6.30pm daily.

Admission fee: Malaysians: RM5 (adults) RM2.50 (children).

Non-Malaysians: RM10 (adults) RM5 (children).

Tel: 04-955 6055

Underwater World Langkawi



UNDERWATER WORLD LANGKAWI

Situated at the popular Pantai Cenang, this marvellous attraction showcases three different eco-systems (tropical rainforest, temperate and sub-Antarctic) under one roof. Visitors have the opportunity to see 500 species of animals and marine life, exhibited in more than 100 tanks of different sizes. A not-to-be-missed highlight is walking along an 8 m tunnel while watching adorable penguins from the Rockhopper and African species. Delight in watching leopard sharks, stingrays, moray eels and hawksbill turtles in the marine section. Other unique attractions such as fur seals, anaconda, arapaima (the largest freshwater fish) and marmoset (the tiny monkey) will turn a visit here into an unforgettable adventure.

Opening hours: 10.00am – 6.00pm daily.

Admission fee: RM28 (adults) RM18 (children).

Tel: 04-955 6100



CRAFT CULTURAL COMPLEX

Lying on the northern coastline of Langkawi in the vicinity of Teluk Yu, this magnificent complex offers a wide range of Malaysian handicrafts such as hand-drawn batik and intricately carved silverware.

Opening hours:
10.00am – 6.00pm daily.
Admission is free.
Tel: 04-959 1913 / 7

Other places of interest that feature culture and arts are the Ibrahim Hussein Museum and Cultural Foundation and Atma Alam Batik Art Village.

LANGKAWI CABLE CAR

Enjoy an exhilarating cable car ride to the top of Gunung Mat Cincang. Visitors can enjoy marvellous views of the Andaman Sea and the Langkawi island group, as well as breathtaking sights such as overhanging cliff walls and isolated pinnacles. With a length of 919.5 m, the Langkawi Cable Car has been recognised as 'The Longest Free Span Single Rope Cable Car' by the Malaysia Book of Records. It also has one of the steepest gradients in the world, at 42°C. At the middle and top stations, walking trails and viewing platforms are available for visitors to further enjoy the panoramic views. Another impressive attraction here is the 125 m suspension bridge. A remarkable feat of engineering, the curved bridge links the cable car station to the Machincang mountain range. Langkawi Cable Car is situated at the Oriental Village in Burau Bay, about 30 minutes away from Kuah town. After the ride, drop by at the Oriental Village to browse through the assortment of souvenirs.

The cable car operates from 10.00am to 6.00pm (Mondays to Thursdays)
9.30am to 7.00pm (Fridays, Saturdays, Sundays and public holidays).
Admission fee: RM25 (adults) RM18 (children)
Tel: 04-959 4225

Langkawi Cable Car

GALERIA PERDANA

Step into this marvellous gallery to view an impressive collection of over 2,500 state gifts and awards presented to the former Prime Minister of Malaysia, Tun Dr. Mahathir Mohamad and his wife, Tun Dr. Siti Hasmah Mohd. Ali. The exhibits here include crystalware and gifts, musical instruments, Islamic art and crafts, textiles and weapons. A striking attraction in this gallery is its beautifully embellished ceiling.

Opening hours: 8.30am – 5.30pm daily.

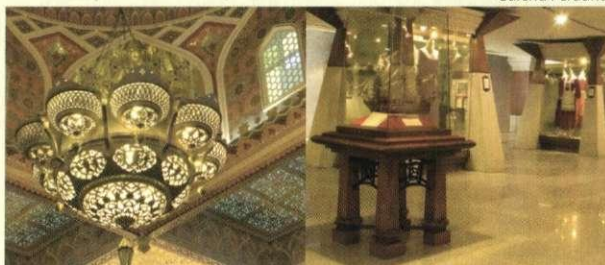
Admission fee: Malaysians: RM5 (adults) RM3 (senior citizens) RM2 (children).

Non-Malaysians: RM10 (adults) RM4 (children).

An additional fee of RM2 will be charged for cameras. Video cameras: RM5

Tel: 04-959 1498

Galeria Perdana



LAMAN PADI LANGKAWI

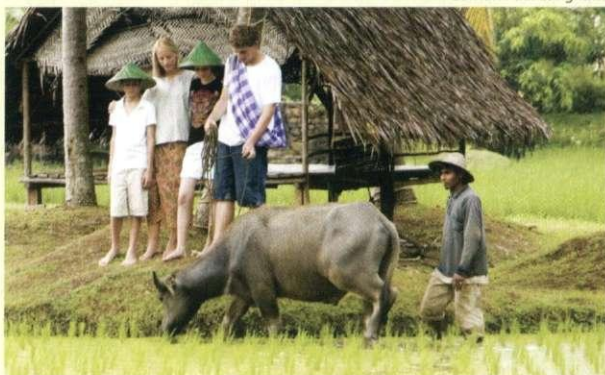
Gain an insight into the paddy planting activity. Within the 14.28-acre museum, visitors can learn about the traditional tools that are used for cultivation as well as visit a multi-tiered rooftop rice garden and a herb garden. For a unique adventure, visitors can try out some of the rice planting or harvesting activities. The restaurant here serves authentic Malay fare, with rice as its main ingredient. Facilities include cyber cafe, a spa and a travel agency.

Opening hours: 8.00am – 5.00pm daily.

Admission is free.

Tel: 04-955 4312

Laman Padi Langkawi





LANGKAWI WILDLIFE PARK

Touted to be the first fully-covered wildlife park in Asia, this 25,000 sq m park is a delightful retreat for animal lovers. Designed to closely resemble the natural habitat of animals, the park houses over 150 species of birds, as well as animals such as a bearcat, a cream-coloured squirrel, pigtail macaques, slow loris, crocodiles and snakes.

Opening hours:

8.30am – 6.00pm daily.

Admission fee: Malaysians:

RM12 (adults) RM6 (children).

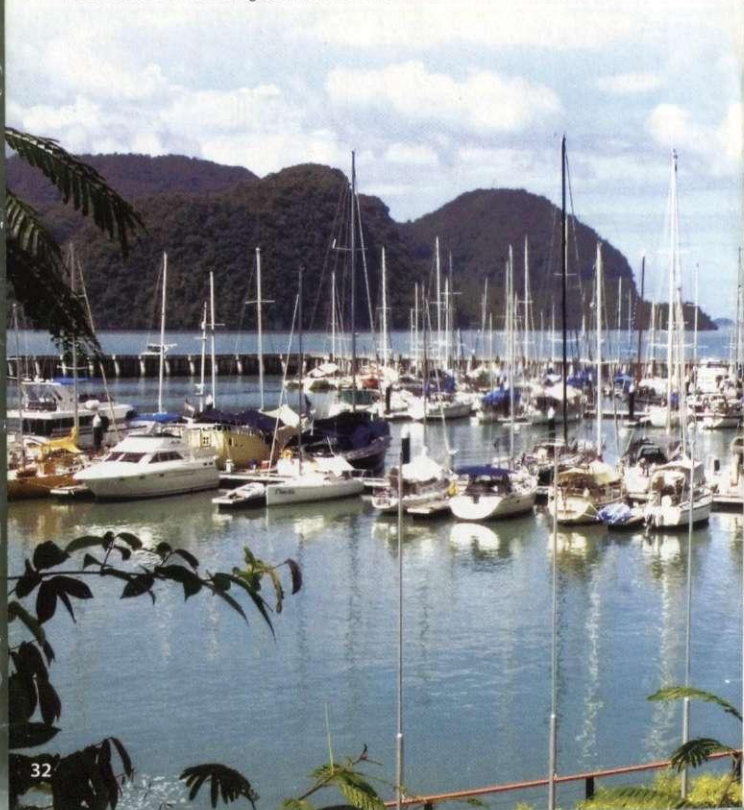
Non-Malaysians:

RM18 (adults) RM10 (children).

Tel: 04-966 5855

SAILING IN LANGKAWI

Langkawi boasts excellent sailing infrastructure with numerous marinas and yacht clubs. These include the Royal Langkawi Yacht Club (04-966 4078), Rebak Marina Resort (04-966 9960), Telaga Harbour Park (04-959 2202) and Awana Porto Malai Langkawi (04-955 5111).



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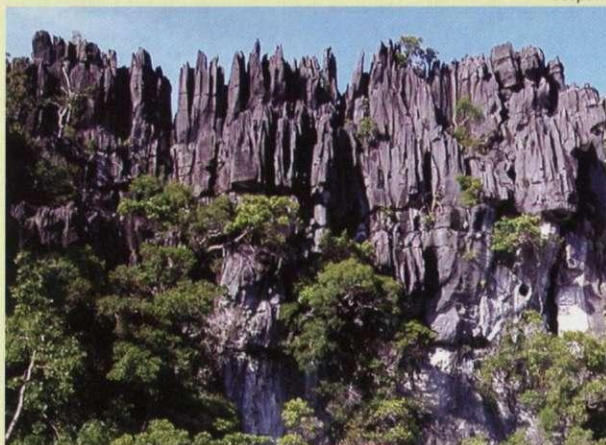
GEOPARK

Langkawi has been accorded the Global Geopark status by UNESCO for its outstanding geological heritage. The island has the distinction of being the first geopark in Malaysia as well as in Southeast Asia. Dubbed as the 'birthplace' or 'fetus land' of the region, the island has a history dating back to some 550 million years. There are three geoforest parks here; the Machincang Cambrian is reputed to be the oldest geological formation in the country. At the Kilim Karst, one can view magnificently formed landscapes of nearly verticle to subrounded karstic hills as well as pinnacles of various shapes and sizes. The Dayang Bunting Marble Geoforest Park boasts fine marbles. The Geopark Centre at Oriental Village offers more information and exhibits. A visit to Langkawi's geosites is best enjoyed when accompanied by a guide. Interested visitors can contact travel agents for a tour.

The Geopark Centre is open from 8.00am - 7.00pm daily.

Tel: 04-966 7186 / 7

Geopark



GOLFING

There is a choice of three world-class golf courses in Langkawi. The Golf Club Datai Bay offers great golfing with luxurious accommodation at the award-winning resorts of The Datai and The Andaman. Situated at the foothills of Gunung Raya, is the 18-hole Gunung Raya Golf Resort designed by Mex Wexler. The Langkawi Island Golf Club is another popular spot for golfers.

CRYSTAL VILLAGE

Browse through an exquisite range of glass products and bring home extraordinary souvenirs.

Opening hours: 10.00am - 10.00pm daily

Admission is free.

For information on getting to Langkawi, refer to page 39.



Shopping and Dining

Shopping is a popular activity for visitors to Kedah. Avid collectors will enjoy a visit to Pekan Rabu in Alor Star. This bazaar-style complex offers a range of traditional attire, prayer mats, fabrics, scarves, luggages, bags and foodstuff. Modern shopping malls in the capital city include City Plaza (situated adjacent to the Holiday Villa Alor Star), Star Parade, Alor Star Mall and Souq Albukhary. Most malls are equipped with departmental stores, boutiques, cafes, pharmacies and entertainment outlets.

Sungai Petani, the second largest town in the state, offers a number of shopping malls. The line-up includes SP Plaza, Central Square, Billion, Tesco, Econsave and Giant. Bukit Kayu Hitam, which is the northern entry point to Malaysia, is popular among shopping enthusiasts for its duty-free items.

The island of Langkawi is a shoppers' paradise. Famed for its duty-free status, Langkawi beckons visitors with products such as tableware, crockery, chocolates and cigarettes. The Langkawi International Fashion Zone (LIFZ) at the Oriental Village offers a one-stop shopping experience for brand-conscious visitors. Browse through a range of chic apparels and accessories from leading designer labels. Don't miss a trip to Kuah for more shopping!

Kedah has a wide variety of food to suit visitors with any taste and preference. Muslim visitors can rest assured that *halal* food is widely available. Tempt your palate with authentic local delicacies or savour Continental food at selected restaurants and hotels. Fast food is readily available in major towns. A number of Chinese restaurants in Alor Star offer vegetarian food.

The small fishing town of Kuala Kedah (and staging point to Langkawi, refer to page 39) is famed for its Laksa Kuala Kedah. This is a noodle soup dish with a fragrant fish gravy. Locals will swear that *laksa* never tastes the same anywhere else in the country! Adventurous visitors can try the *pekasam* or fermented and preserved fish. The longer it keeps, the better it is said to taste. *Pekasam* can be found at Pekan Rabu. *Gulai rebung*, or stir-fried bamboo shoot is another delicacy in Kedah. For those who prefer something mild, try *nasi ulam*, a combination of rice, fresh herbs and spices.

In the evenings, seafood lovers often converge in Tanjung Dawai, situated about 20 km from Sungai Petani, to feast on the popular *ikan bakar* or grilled fish. Dried seafood can also be purchased. With its proximity to Thailand, Thai food is aplenty in the state.



Accommodation

Kedah offers a wide range of accommodation to suit every budget. Accommodation in main towns such as Alor Star and Sungai Petani include star-rated hotels that provide comprehensive facilities. For budget-conscious travellers, there are smaller hotels available at reasonable rates. Langkawi is known for its luxury beach resorts. Backpackers will find a good selection of bed & breakfast inns at Pantai Cenang.

The listing provided below is not exhaustive.

Star ratings are given by the Ministry of Tourism, Malaysia.

❖ Star-rated accommodation ♦ Budget accommodation

Alor Star

ASRC Hotel ♦

Tel: 04-732 8313 • Fax: 04-732 8317

EDC Hotel

Tel: 04-928 8888

Fax: 04-928 8825

Flora Inn

Tel: 04-732 4235 • Fax: 04-734 6741

Grand Jubilee Hotel

Tel: 04-733 0055 • Fax: 04-734 2745

Holiday Villa ♦♦♦♦

Tel: 04-734 9999 • Fax: 04-734 1199

www.holidayvillahotels.com

Hotel Grand Crystal ♦♦♦♦

Tel: 04-731 3333 • Fax: 04-731 6368

www.ghihotels.com.my

The Regency Hotel ♦♦♦♦

Tel: 04-733 5917 • Fax: 04-733 5161

www.ghihotels.com.my

Hotel Seri Malaysia ♦♦

Tel: 04-730 8737 • Fax: 04-730 7594

www.serimalaysia.com.my

Miramar Hotel

Tel: 04-733 8144 • Fax: 04-733 8430

Regent Hotel ♦

Tel: 04-731 1900 • Fax: 04-731 1291

Royale Hotel ♦

Tel: 04-733 0922 • Fax: 04-733 0925

Sentosa Regency Hotel ♦♦♦♦

Tel: 04-730 3999 • Fax: 04-730 4418

Samila Hotel

Tel: 04-731 8888 • Fax: 04-733 9934

Seberang Perak Hotel ♦

Tel: 04-772 4329 • Fax: 04-772 1630

Star City Hotel ♦♦♦♦

Tel: 04-735 5888 • Fax: 04-735 5999

www.starcity.com.my

Sungai Petani

Park Avenue Hotel ♦♦♦♦

Tel: 04-431 7777 • Fax: 04-431 8777

www.parkavenue.com.my

Cinta Sayang Golf &

Country Club ♦♦♦♦

Tel: 04-441 4666 • Fax: 04-441 5600

www.cintasayang.com

Harvard Suasana Hotel ♦♦♦♦

Tel: 04-458 8888 • Fax: 04-458 5888

www.harvardhotel.com.my

Emerald Puteri Hotel ♦♦♦

Tel: 04-431 5555 • Fax: 04-431 1555
www.emeraldputeri.com

Swiss Inn Hotel ♦♦♦

Tel: 04-422 3333
Fax: 04-423 3423 / 422 4473
www.swissgarden.com.my

Sungai Petani Inn ♦♦♦

Tel: 04-421 3411 • Fax: 04-421 2423
www.sp-inn.com.my

Hotel Seri Malaysia ♦♦

Tel: 04-423 4060 • Fax: 04-423 4106
www.serimalaysia.com.my

Damai Park Resort ♦

Tel: 04-457 3340 • Fax: 04-457 3341
www.damaipark.com.my

Pulau Sayak Resort

Tel: 04-437 5591

Northern Lodge ♦

Tel: 04-431 2323 • Fax: 04-431 2000

Pendang**Pendang Lake Resort**

Tel: 04-758 3220 • Fax: 04-758 3228

Baling**Sri Baling Inn**

Tel: 04-470 5970 • Fax: 04-470 4800

Ulu Legong Hot Springs

Tel: 04-473 2284 • Fax: 04-473 2283

Kuala Nerang**Muda Resort**

Tel: 04-752 1779 • Fax: 04-752 1779

Dusun Minda Resort

Tel: 04-786 4423 • Fax: 04-786 4322

Kubang Pasu**Seri Kedah Gardenia Resort**

Tel: 04-916 1977 • Fax: 04-917 9219

Hotel PJ2

Tel: 04-917 6288 • Fax: 04-917 3288

Darul Aman Suites ♦♦♦

Tel: 04-917 2008 • Fax: 04-917 2668

University Inn ♦♦

Tel: 04-928 4190 • Fax: 04-924 5454

Hotel EDC

Tel: 04-928 3570

Sik**Serendah Sikebun Bunga**

Tel: 04-469 5710 • Fax: 04-469 0440
www.serendahsik.com

Projek Agrotourism**Bendang Man**

Tel: 04-469 3771 • Fax: 04-469 3701

Rimba Takwa

Tel: 04-469 5777 • Fax: 04-469 5142

Sik Inn

Tel: 04-469 4288 Fax: 04-469 5448

Kulim**Hotel Seri Malaysia Kulim ♦♦♦**

Tel: 04-495 7355 • Fax: 04-490 0510

Kulim Inn

Tel: 04-490 0420 • Fax: 04-495 3807

Langkawi**Berjaya Langkawi Beach & Spa Resort ♦♦♦♦♦**

Tel: 04-959 1888 • Fax: 04-959 1886
www.berjayaresorts.com

Four Seasons**Resort Langkawi ♦♦♦♦♦**

Tel: 04-950 8888 • Fax: 04-950 8899
www.fourseasons.com

Langkawi Lagoon Resort ♦♦♦♦♦

Tel: 04-955 8181 • Fax: 04-955 8881
www.langkawilagoonresort.com

Pelangi Beach Resort ♦♦♦♦♦

Tel: 04-952 8888 • Fax: 04-952 8899
www.pelangi beachresort.com

**Sheraton Langkawi
Beach Resort ♦♦♦♦♦**

Tel: 04-955 1901 • Fax: 04-955 1918
www.sheraton.com/langkawi

The Westin ♦♦♦♦♦

Tel: 04-966 2020 • Fax: 04-966 6414
www.westin.com/langkawi

Tanjung Rhu Resort ♦♦♦♦♦

Tel: 04-959 1033 • Fax: 04-959 1899
www.tanjungrhu.com

The Andaman Langkawi ♦♦♦♦♦

Tel: 04-959 1088 • Fax: 04-959 1168
www.theandaman.com

The Datai Langkawi ♦♦♦♦♦

Tel: 04-959 2500 • Fax: 04-959 2600
www.ghmhotels.com

Casa del Mar ♦♦♦♦♦

Tel: 04-955 2388 • Fax: 04-955 2228
www.casadelmar-langkawi.com

Holiday Villa Langkawi ♦♦♦♦♦

Tel: 04-955 1701 • Fax: 04-955 2211
www.holidayvillalangkawi.com

Kampung Tok Senik Resort ♦♦♦♦♦

Tel: 04-955 7288 • Fax: 04-955 7257
www.toksenikresort.com

Langkasuka Beach Resort ♦♦♦♦♦

Tel: 04-955 6888 • Fax: 04-955 2588
www.langkasukabeachresort.com.my

Rebak Marina Resort ♦♦♦♦♦

Tel: 04-966 9960 • Fax: 04-966 9973
www.rebakmarina.com

Bayview Hotel Langkawi ♦♦♦♦♦

Tel: 04-966 1818 • Fax: 04-966 3888
www.bayviewhotels.com

Aseania Resort Langkawi

Tel: 04-955 2020 • Fax: 04-955 2136
www.aseaniareortsgroup.com.my

Awana Porto Malai ♦♦♦♦♦

Tel: 04-955 5111 • Fax: 04-955 5222
www.awana.com.my

Federal Villa ♦♦♦♦♦

Tel: 04-955 1701 • Fax: 04-955 2211
www.holidayvilla.com.my

Helang Hotel ♦♦♦♦♦

Tel: 04-955 3030 • Fax: 04-955 3022
helanghotellangkawi.com

Kondo Istana ♦♦♦♦♦

Tel: 04-966 1118 • Fax: 04-966 1122

Langkawi Seaview Hotel ♦♦♦♦♦

Tel: 04-966 0600 • Fax: 04-966 0620
www.langkawi-resorts.com/langkawiseaview

Mutiara Bura Bay ♦♦♦♦♦

Tel: 04-959 1061 • Fax: 04-959 1172
www.mutiarahotels.com/mutiara_buraubay

**Tanjung Sanctuary
Langkawi ♦♦♦♦♦**

Tel: 04-955 2977 • Fax: 04-955 1168
www.langkawisanctuary.com

**The Lanai Langkawi
Beach Resort ♦♦♦♦♦**

Tel: 04-955 2262 • Fax: 04-955 8459
www.lanaibeach.com.my

Twin Peaks Island Resort ♦♦♦♦♦

Tel: 04-966 8255 • Fax: 04-966 7458

Useful Information

GETTING TO KEDAH

By Air

Malaysia Airlines provides daily direct flights from the Kuala Lumpur International Airport (KLIA) to the Sultan Abdul Halim Airport situated in Kepala Batas, about 20 minutes away from Alor Star. The budget carrier AirAsia provides daily flights to Kedah from the Low Cost Carrier Terminal (LCCT), situated 20 km from the KLIA Main Terminal Building. The flight takes about 55 minutes.

By Road

The North-South Expressway connects visitors from Kuala Lumpur to Kedah. The drive takes approximately five hours (450 km). Air-conditioned buses to Kedah are easily available from the Jalan Duta Bus Terminal and Puduraya Bus Terminal in Kuala Lumpur. This service connects various towns in Kedah such as Alor Star, Sungai Petani, Gurun, Jitra, Kulim and Bukit Kayu Hitam. Visitors can also get to Kedah by road from all other states in Peninsular Malaysia.

By Rail

Keretapi Tanah Melayu or KTM Railway provides daily rail services to Kedah via the Senandung Langkawi Express. The train departs from the KL Sentral Station in Kuala Lumpur at 9.00pm daily and plies major towns in Kedah such as Alor Star, Sungai Petani and Gurun before proceeding to Haadyai in Thailand. The estimated time of arrival at Alor Star is 8.30am the next day. There are sleeping berths in the first and second class coaches. Visitors to Langkawi should disembark at Alor Star or Arau in Perlis and proceed to the respective jetty terminals to arrange for their transfers.

Entering from Thailand

The border town of Bukit Kayu Hitam is the entry point for visitors who are driving from Sadao, Thailand. An Immigration Office and checkpoint are situated here. The border crossing is open from 6.00am to 12.00 midnight (Malaysian time).

Please refer to page 40 for a list of useful contact numbers.



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GETTING TO LANGKAWI

By Air

The Langkawi International Airport at Padang Matsirat is situated about 20 km from Kuah. Malaysia Airlines provides daily direct air services to Langkawi from Kuala Lumpur and Penang (Kedah's neighbouring state). The budget carrier AirAsia operates daily flights to Langkawi from Kuala Lumpur. In addition, the Firefly airline operates daily flights to Langkawi from the Sultan Abdul Aziz Shah Airport in Subang as well as from Penang. From Singapore, flights to this island are available via Silk Air.

By Sea

Visitors who are in mainland Kedah can make their way to Kuala Kedah, to board the express ferry to Langkawi. The journey takes about 1 hour 15 minutes, depending on tide conditions. Ferry service to Langkawi is also available from Kuala Perlis (situated in the neighbouring state of Perlis), as well as from Penang. Visitors from Thailand can sail into Langkawi from Satun.

GETTING AROUND

Self-Drive

The network of roads around the state make driving convenient and easy. Car rentals are available at the airport.

Buses and Taxis

Shahab Perdana in Alor Star, is the main terminal for local buses, outstation buses as well as taxis. The buses and taxis here connect visitors to various towns in Kedah as well as to major destinations in Malaysia such as Kuala Lumpur, Penang, Melaka, Kuantan and Johor Bahru. Tickets must be booked in advance during festive and holiday seasons. In Sungai Petani, the bus and taxi terminals are situated in Jalan Kuala Ketil (near to the Seri Malaysia Hotel).

Local and Outstation Taxi Services

Tel : 04-731 7464 (Perkasa Taxis) • 04-733 6843 (Pertek Taxis)

Outstation Bus Services (commonly known as Express Buses)

Konsortium Bas Ekpres	Tel: 04-735 8298
Transnasional Express	Tel: 04-733 3855
Cepat Express	Tel: 04-730 3110
Plusliner	Tel: 04-732 5842
Triton Express	Tel: 04-7305853
Utama Express	Tel: 04-735 3258

USEFUL CONTACTS

Tourist Information Centres	Tel	E-mail/Website
Alor Star	04-731 2322/ 730 1322	mtpbkdh@tourism.gov.my
Bukit Kayu Hitam	04-922 2078/1249	mtpbbkh@tourism.gov.my
Langkawi International Airport	04-955 7155	mtpblgk@tourism.gov.my
Langkawi (Kuah)	04-966 7789/5271	mtpblgk@tourism.gov.my
Kedah Tourism Action Council	04-735 1030/ 732 8296	
Transportation		
Malaysia Airlines	1 300 88 300/ 03-7843 3000	www.malaysiaairlines.com
AirAsia	03-8775 4000	www.airasia.com.my
Firefly airlines	03-7845 4543	www.fireflyz.com.my
Silk Air	03-2692 3122	
Sultan Abdul Halim Airport (Alor Star)	04-714 6876	www.malaysiaairports.com.my
Langkawi International Airport	04-955 1311	www.malaysiaairports.com.my
KTM Railway Call Centre	03-2267 1200	www.ktmb.com.my
Alor Star Railway Station	04-731 4045	
Sungai Petani Railway Station	04-421 2604	
Airport Taxi	04-714 5876	
Sime Darby Rent a Car Sdn. Bhd.	04-714 4959	
National Car Rental	04-714 1622	
United Ventures Ferry Sdn. Bhd. (Ferry Services to Langkawi)	04-966 3988/8988/ 5889 (Langkawi) 04-762 6295/6 (Kuala Kedah)	
General Enquiries		
Alor Star Police Station	04-732 1222/ 774 1222	
Langkawi Police Station	04-966 6222	
Kedah Immigration Department	04-733 3302	www.imi.gov.my
Bukit Kayu Hitam Immigration Department	04-922 1621	www.imi.gov.my
Langkawi Immigration Department	04-969 4005	www.imi.gov.my
Emergencies	999	

Note : The area code for Kedah is 04. It is not necessary to use the code when calling within the state. 03 is the area code for Kuala Lumpur.

SAYING IT IN MALAY

Welcome	<i>Selamat datang</i>	Road	<i>Jalan</i>
Goodbye	<i>Selamat jalan</i>	Beach	<i>Pantai</i>
Good morning	<i>Selamat pagi</i>	Rumah	<i>House</i>
Good night	<i>Selamat malam</i>	Kampung	<i>Village</i>
Thank you	<i>Terima kasih</i>	Mosque	<i>Masjid</i>
How are you	<i>Apa khabar</i>	Museum	<i>Muzium</i>
I'm fine	<i>Khabar baik</i>	Bus	<i>Bas</i>
I'm sorry	<i>Minta maaf</i>	Car	<i>Kereta</i>
Food	<i>Makan</i>	Taxi	<i>Teksi</i>
Water	<i>Air</i>	Caution	<i>Awas</i>
Drinks	<i>Minuman</i>	Help/Please	<i>Tolong</i>
Sea	<i>Laut</i>	Entrance	<i>Masuk</i>
River	<i>Sungai</i>	Exit	<i>Keluar</i>
Lake	<i>Tasik</i>	Restroom	<i>Bilik air/tandas</i>



HELPFUL HINTS

- Banks, government offices and most businesses in Kedah operate from Sundays to Thursdays. Fridays and Saturdays are public holidays. Banking hours are from 9.15am to 4.30pm (Sundays to Wednesdays) and 9.15am to 4.00pm (Thursdays).
- The Muslim prayer time is from 12.15pm to 2.45pm on Fridays and mass prayers are held in mosques. Government offices will be closed during this time. Some places of interest are also closed during the prayer time. Visitors are advised to enquire before proceeding with their visit.
- When entering places of worship such as mosques or temples, shoes should be removed. Most mosques provide robes and headscarves for female visitors. Taking photographs at places of worship is usually permitted but always ask for permission first.
- Most locals dress modestly and refrain from displaying affection in public. It would be appropriate for visitors to do the same.

FAST FACTS ON MALAYSIA

Country	Malaysia comprises Peninsular Malaysia and the states of Sabah and Sarawak in Borneo.
Geographical Location	Lying 2 to 7 degrees north of the Equator, Peninsular Malaysia is separated from Sabah and Sarawak by the South China Sea. The Peninsular shares a common border with Thailand in the north, while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.
Area	329,758 sq km
Population	25 million
Capital	Kuala Lumpur
People	Malays make up about 57% of the population, with Chinese, Indians and other ethnic groups making up the rest.
Language	Bahasa Malaysia (Malay) is the national language but English is widely spoken. Malaysians also speak various languages and dialects.
Religion	Islam is the official religion but all other religions are practiced freely.
Government	A Parliamentary democracy with a bicameral legislative system, with the Yang di-Pertuan Agong as Head of State, and the Prime Minister as Head of Government.
Climate	Malaysia has a warm tropical climate. Temperatures range from 21°C to 32°C. Annual rainfall varies from 2,000mm to 2,500mm.
Entry Requirements	Visitors must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Citizens of most countries do not require visas for social or business visits. For further information, please visit or call the nearest Malaysian diplomatic mission or Tourism Malaysia office.
Currency	The unit of currency is the Malaysian Ringgit, which is denoted as RM. Foreign currencies can be converted at banks and money changers.
Banking Hours	In all states except Kelantan, Kedah and Terengganu, working days are Mondays to Fridays.

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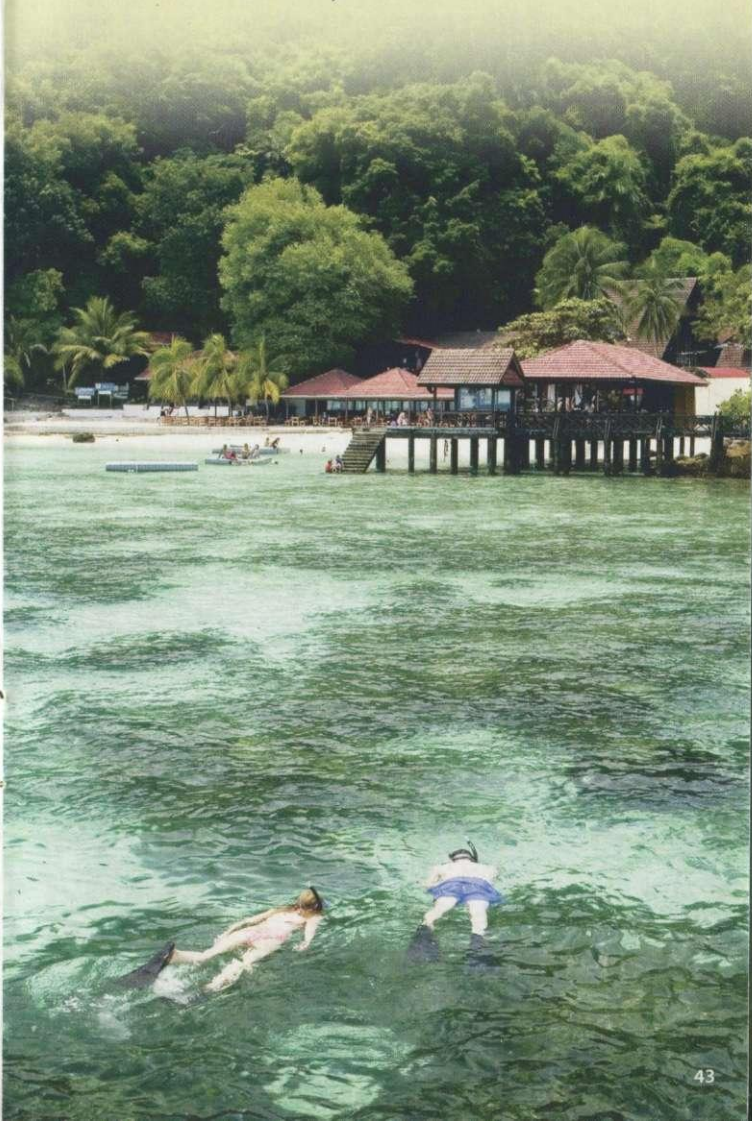
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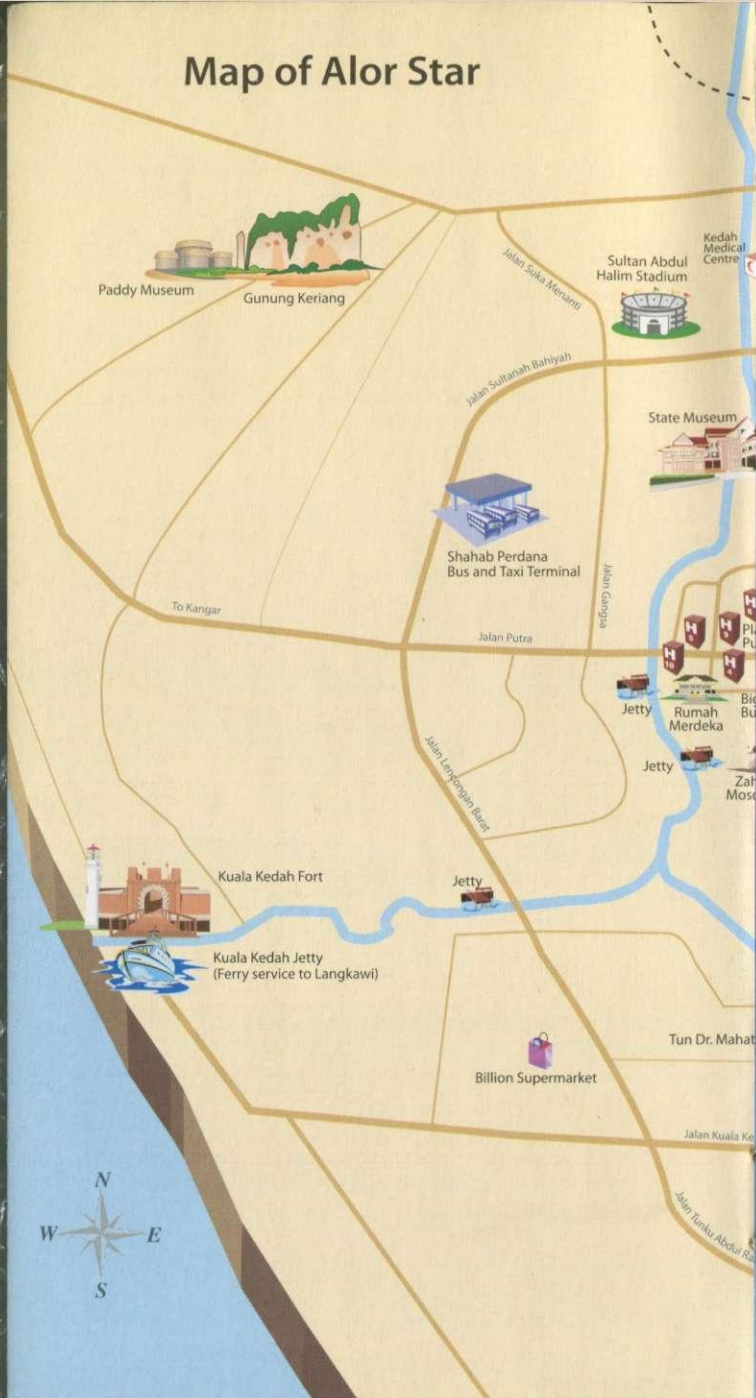


Jid Zahir

Time	Eight hours ahead of GMT and 16 hours ahead of U.S. Pacific Standard Time.
Electricity	Voltage is 220 – 240 volts AC at 50Hz cycles per second.
Measurement System	Malaysia uses the metric system.
Telephone	Local calls can be made from public phones using coins and prepaid cards. International calls can be made from public phones with phone card facilities or at any Telekom Malaysia office.



Map of Alor Star



LEGEND



Hotel

H1 Holiday Villa

H2 Seri Malaysia

H3 The Regency

H4 Grand Crystal

H5 Sentosa Regency

H6 Star City

H7 Samila

H8 Grand Jubilee

H9 Miramar

H10 Royale

H11 Seberang Perak

H12 Flora Inn

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-  Shopping Centre
-  Hospital / Medical Centre
-  Tourist Information Centre
-  Jalan Road

* Map not drawn to scale

HEAD OFFICE

17th Floor, Menara Dato' Onn, Putra World Trade Centre, 45 Jalan Tun Ismail, 50480 Kuala Lumpur, Malaysia
Tel: 603 2615 8188 • Fax: 603 2693 5884
Tourism Infoline (within Malaysia): 1 300 88 5050 • Website: www.tourismmalaysia.gov.my
E-mail: enquiries@tourism.gov.my • e-Portal: www.virtualmalaysia.com

STATE OFFICES

JOHOR

L3-26, Aras 3, JOTIC Building
2, Jalan Ayer Molek
80000 Johor Bahru, Johor
Tel: 607 222 3590 / 1
Fax: 607 223 5502
E-mail: mtpbjhb@tourism.gov.my

KEDAH

Kompleks Pelancongan Negeri Kedah
Seksyen 20, Jalan Raja
05000 Alor Star, Kedah
Tel: 604 731 2322 / 730 1322
Fax: 604 734 0322
E-mail: mtpbkdh@tourism.gov.my

KELANTAN

Kampung Kraftangan, Jalan Hilir Balai
15300 Kota Bharu, Kelantan
Tel: 609 747 7554
Fax: 609 747 8010
E-mail: mtpbkkelantan@tourism.gov.my

MELAKA

Lot 02, Ground Floor
Bangunan Lembaga Tabung Haji
Jalan Banda Kaba
75000 Melaka
Tel: 606 288 3304 / 3785 / 1549
Fax: 606 286 9804
E-mail: mtpbm.melaka@tourism.gov.my

NEGERI SEMBILAN

Seremban Plaza
Jalan Dato' Muda Linggi
70100 Seremban, Negeri Sembilan
Tel: 606 763 5388 / 762 2388 / 4488
Fax: 606 763 8428
E-mail: mtpbn.negerisembilan@tourism.gov.my

OVERSEAS OFFICES

AUSTRALIA

Melbourne
355 Exhibition Street, Melbourne
Victoria 3000, AUSTRALIA
Tel: 00 613 9654 3177
Fax: 00 613 9654 3176

Perth

Ground Floor
56, William Street
Perth WA 6000, AUSTRALIA
Tel: 00 618 9481 0400
Fax: 00 618 9321 1421
E-mail: tourism@inet.net.au

Sydney

Level 2, 171 Clarence Street
Sydney NSW 2000, AUSTRALIA
Tel: 00 612 9299 4441 / 2/3
Fax: 00 612 9262 2026
E-mail: mtpbsydney@tourism.gov.my

CANADA

1590-1111, West Georgia Street
Vancouver BC, CANADA V6E 4M3
Tel: 00 604 689 8899
Fax: 00 604 689 8804
E-mail: mtpbc.vancouver@tourism.gov.my
Website: www.malaysiatourism.ca

FEDERAL REPUBLIC OF GERMANY

Weissfrauenstrasse 12-16
D-60311 Frankfurt am Main
FEDERAL REPUBLIC OF GERMANY
Tel: 00 4969 460 92 3420
Fax: 00 4969 460 92 3499
E-mail: info@tourismmalaysia.de
Website: www.tourismmalaysia.de

FRANCE

Office National du Tourisme de
Malaisie
29, Rue des Pyramides
75001 Paris, FRANCE
Tel: 00 331 4297 4171
Fax: 00 331 4297 4169
E-mail: mtpbf.paris@tourism.gov.my
Website: www.ontmalaisie.com

HONG KONG

Ground Floor, Malaysia Building
No. 47-50, Gloucester Road
HONG KONG
Tel: 00 852 528 5810 / 1
Fax: 00 852 865 4610
E-mail: mtpbh.hongkong@tourism.gov.my

PAHANG

Lot G.01, Bangunan Mahkota Square
Jalan Mahkota,
25000 Kuantan, Pahang
Tel: 609 517 7111 / 2 / 5
Fax: 609 517 7114
E-mail: mtpbp.pahang@tourism.gov.my

PERLIS

No 19, Ground Floor
Jalan Pengkalan Indah
Pengkalan Asam
01000 Kangar, Perlis
Tel: 604 978 1235 / 1213
Fax: 604 978 1143
E-mail: mtpbp.perlis@tourism.gov.my

PERAK

Ground Floor
Lot 7 & 9, Jalan Medan Istana 3
Bandar Ipoh Raya, 30000 Ipoh, Perak
Tel: 605 255 2772 / 9962 / 5055 / 1012
Fax: 605 253 2194
E-mail: mtpbperak@tourism.gov.my

PENANG

56th Floor, KOMTAR
10000 Penang
Tel: 604 261 0058 / 263 4941
Fax: 604 262 3688
E-mail: mtpbp.penang@tourism.gov.my

ITALY

Via Privata della Passarella, Nr 4
1st Floor, 20122 Milan, ITALY
Tel: 00 39 02 796702 / 723
Fax: 00 39 02 796806
E-mail: mtpbi.milan@tourism.gov.my

JAPAN

Osaka
10th Floor, Cotton Nissay Building
1-8-2, Utsubo-Honmachi, Nishi-ku
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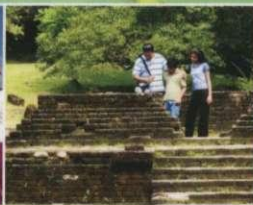
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KED (English) / IH / MP
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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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